

Weekly Diabetes Update

October 3, 2008

1. National Depression Education Awareness Month – October 2008

It's that time of year again when we harvest the wheat, watch the changing colors around us and welcome in the change of season, waving goodbye to those wonderful sunny days that warm us and give us life. For many of us, the change of season signals the coming of winter, change in mood, lifestyle, change in diet and we just slow down for a long cozy winter. For most of us, we are already planning for those sunny bright days to reappear. But let's not forget the many that suffer from depression - so this is why the month of October has been named "Depression Awareness Month" focusing on this serious but common disorder.

Read more about depression by clicking on this website:

<http://74.125.45.104/search?q=cache:1LEOjZgTN0AJ:www.sunalite.com/octoberis.doc+National+Depression+Education+Month&hl=en&ct=clnk&cd=3&gl=us>.

2. Educational Opportunities

• Free Summit: The Science of Eliminating Health Disparities

Date: **December 16-18, 2008**

Location: Gaylord National Resort and Convention Center, National Harbor, Maryland

The National Center on Minority Health and Health Disparities will be sponsoring a free summit, The Science of Eliminating Health Disparities. The conference will give attendees the chance to highlight the research progress of the National Institutes of Health (NIH) on health issues among racial/ethnic minority and medically underserved populations; increase awareness and understanding of disparities in health; showcase best-practice models in research, capacity-building, outreach, and integrated strategies to eliminate health disparities; identify strengths and gaps in health disparities research; and network and dialog with the nation's leading experts on minority health and health disparities. Interested parties can register online at: <http://www.ncmhd.nih.gov>.



3. Administration on Aging (AoA) Celebrates Healthy Aging

AoA is pleased to celebrate healthy aging by highlighting evidence-based prevention and wellness projects being conducted in communities across the Nation. Evidence-based prevention programs are proven effective in reducing the risk of disease, disability, and injury among the elderly. To learn more visit:

http://www.aoa.gov/press/observances/HealthyAging/Healthy_Aging.aspx.





4. **Improved healthfinder.gov**

Healthfinder.gov makes health information quicker and easier to use. An improved and more accessible version of healthfinder.gov, a federal Web site designed to help people stay healthy, has been launched by the U.S. Department of Health and Human Services.

For more information, please visit healthfinder.gov and the Office of Disease Prevention and Health Promotion (ODPHP) and its National Health Information Center at:

<http://odphp.osophs.dhhs.gov/>.

5. **Missouri blacks closing racial gap in new cancer cases**

Blacks in Missouri are closing the racial gap for newly diagnosed cancers, but their progress reducing cancer mortality is slower, a new report found. An analysis of data from the Missouri Department of Health and state Cancer Registry found the rate of newly diagnosed cancers is roughly equal between blacks and whites in Missouri. Only a decade ago, it was higher for blacks.

Sherri Homan, a public health epidemiologist, said the Missouri Department of Health is pleased with the progress that has occurred, while still recognizing "there's work to be done, particularly with breast and colorectal cancer." She said the Department of Health strongly encourages cancer screenings, and will continue to monitor the disparities and promote screening and prompt treatment.

Read the entire report posted on line at:

<http://www.dhss.mo.gov/CancerinMissouri/CancerDisparityReport.pdf>.



6. **American Lung Association launches online directory of influenza vaccination clinics**

The American Lung Association is making it a little easier for people to get their flu shot this season with the availability of its 2008-2009 Flu Clinic Locator. The largest online directory of public influenza vaccination clinics is now available at: <http://www.flucliniclocator.org/>.

7. **Low Bone Density Persists in Women with Diabetes**

The results of a study published in Diabetes Care confirm that young women with type 1 diabetes have lower bone mineral densities (BMD) than young women without the disease. These differences also persist over time, especially among those who are older than 20 years. Dr. Lucy D. Mastrandrea and colleagues from the University at Buffalo, New York, previously reported that young women with type 1 diabetes have a lower BMD than their counterparts of the same age, but without diabetes.



Read more in this article from the American Diabetes Association posted on line at:

<http://www.diabetes.org/diabetesnewsarticle.jsp?storyId=18493442&filename=20080922/reuters20080922health00000011reutershealthewEDIT.xml>.

8. Hormone Discovery May Help Combat Diabetes

Scientists have identified a member of a new class of hormones produced by body fat that they think could lead to fresh approaches to combat diabetes and other conditions related to obesity. The hormone prevents the liver from accumulating fat and enhances the body's ability to control glucose, scientists led by Gokhan Hotamisligil of the Harvard School of Public Health wrote last Thursday in the journal *Cell*. Their work involving the hormone, called palmitoleate, was in mice, but the hormone is also found in people.

Read more in this article from the American Diabetes Association posted on line at:

<http://www.diabetes.org/diabetesnewsarticle.jsp?storyId=18469208&filename=20080919/reuters20080919health00000005reutershealthEDIT.xml>.

9. Researchers Find "Baby" Fat Cells

"Baby fat cells," formed at or before birth, live inside the blood vessels that nourish fat deposits and lay waiting to form new fat cells, U.S. researchers reported last Thursday. They said their findings could help researchers trying to find better ways to control the obesity and diabetes epidemics, and perhaps help people grow new fat deposits after surgery.

Read more in this article from the American Diabetes Association posted on line at:

<http://www.diabetes.org/diabetesnewsarticle.jsp?storyId=18469207&filename=20080919/reuters20080919health00000004reutershealthEDIT.xml>.

**10. Diabetic peripheral neuropathy:
how reliable is a homemade 1-g monofilament for screening?**

Use fishing line cut to different lengths (4 cm = 10 g; 8 cm = 1 g) as substitutes for monofilaments to assist in the diagnosis of diabetic neuropathy. This test is highly specific for neuropathy; using longer lengths of line increases sensitivity.

Physicians and healthcare providers can use this quick, inexpensive tool for screening neuropathy. Patients can be empowered inexpensively to examine their own feet and reduce the likelihood of developing foot ulcers or amputations.

If there were a less expensive means of reliably performing a standard clinical test in diabetes care, would you want to know about it? If your answer is yes, then the results of this study should be of interest to you. What's more, your patients can be given the same test to perform at home.

Read more about this study from BNET Business Network posted on line at:

http://findarticles.com/p/articles/mi_m0689/is_6_55/ai_n16546027/pg_1?tag=artBody;coll.

11. Controlling Insulin Is Good For Diabetes - And Breast Cancer?

Doctors have long encouraged patients with diabetes to exercise regularly to help control their insulin levels and to maintain a healthy weight. Now, breast oncologists at Dana-Farber Cancer Institute in Boston are studying the relationship between exercise, weight, and insulin levels and the risk of breast cancer recurrence.

"We know that women who are overweight at the time of breast cancer diagnosis have a higher risk of recurrence than lean women, but the reasons for this are not clear," says Jennifer Ligibel, MD. "Recent evidence suggests that high insulin levels, which are common in overweight women, may be involved in the increased risk of breast cancer recurrence."

Read more in this article from Medical News Today posted on line at:

<http://www.medicalnewstoday.com/articles/123368.php>.

12. Dietary Restraint and Gestational Weight Gain

Women who diet "habitually" prior to becoming pregnant tend to gain more weight during pregnancy and "regard themselves as less accountable for their weight while pregnant," according to researchers at the University of North Carolina.

Read more in this article from Medical News Today posted on line at:

<http://www.medicalnewstoday.com/articles/123345.php>.

13. American Dietetic Association Issues New Position Statement on "Health Implications of Dietary Fiber"

Adequate intakes of dietary fiber help protect against cardiovascular disease, obesity, diabetes and gastrointestinal disorders. Usual intakes of dietary fiber in this country are only half of the recommended levels, so there is a need to promote high-fiber foods such as whole grains, legumes, vegetables and fruits to people of all ages. Not all dietary fibers are equally effective in their physiological effects, so it is best to obtain fiber from a wide range of sources. The American Dietetic Association encourages consumers to consume adequate amounts of fiber, particularly from food sources, according to a new ADA position statement published this month on the health implications of dietary fiber.

Read more in this article from Medical News Today posted on line at:

<http://www.medicalnewstoday.com/articles/123345.php>.

14. Going Nuts for Health

More and more research shows the positive impact of tree nut consumption on satiety and weight management, as well as a number of chronic diseases including heart disease and diabetes," states Lindsay Allen, PhD, Director of the USDA ARS Western Human Nutrition Research Center. Dr. Allen was commenting on proceedings from the Nuts and Health Symposium in the September 2008 issue of the Journal of Nutrition.

Read more in this article from Diabetic News posted on line at: <http://www.diabetesnews.com/>.

**15. Weekly Diabetic Recipe
Cashew Chicken**

Please go to the following website to enjoy this week's recipe:
<http://recipes.howstuffworks.com/cashew-chicken-recipe.htm>.

